

## Sandwich, Hot Beef60

Number of Servings: 60 (164.08 g per serving)

Amount	Measure	Ingredient
18.00	lb	Beef, bottom round roast, lean, raw, 1/8" trim
60.00	pce	Bread, whole wheat, 100%

### Nutrients per serving

Nutrition Facts	
Serving Size (164g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat --g	
Cholesterol 80mg	27%
Sodium 240mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 33g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

\* Roast beef: 10# EP = ~15# AP

For Roast Beef:

Roast beef to 160 degrees F with enough water so there will be SALT FREE BROTH to reheat meat. DRAIN and SAVE SF Broth from meat and cool quickly. Refrigerate when temperature is between 100 and 140 degrees F.

When cold slice into 3 oz portions. Place in two 12X20X2 inch counter pans. (Smaller sites may slice hot and serve same day).

Heat SF broth to 190 degrees F. Pour over meat. Cover with aluminum foil or lid and place in oven. Reheat to at least 165 degrees F.

Place 3 oz meat on each slice of bread.

Serve #8 scoop mashed potatoes on the plate beside the bread.

Cover meat and potato with 3 oz Gravy using 3 oz ladle.

For GRAVY follow Gravy recipe.